THE PERSON WHO IS SMALL FORCES HIS SHARE OF HOMAGE

He Who Constantly Insists Upon His Importance Thereby Betrays His Lack of It-The Rumanian Chooses His Bride by Her Clothes

FHERE its no surer indication of the alization of one's own lack of imporce than a constant insistence upon ge from others. The man or woman the is afraid to unbend for fear of losing me degree the prestige thus painstakingly acquired thus acknowledges his or her own littleness.

A parallel can be found in the pemp nd circumstance attending many of the ra of smaller principalities when compared to the simpleness and lack of cereny of the great monarchs of the world. ough King George of England, Almag of Spain, Victor Emmanuel of Italy hedged in by traditional customs, bey in reality love nothing so much as o forget their stations in life and mingle ith their people, unattended and unbeginged

HAD occasion recently to see a really "great editor," a man whose tremenus driving force has built up a magawith a world-wide reputation. I had pected him to be flanked by numerous boys, stenographers and private retaries. Imagine my surprise then to id a single office boy and after sending my name to be admitted at once. This ocedure was so unlike previous exeriences that I could not help consating this man with the many figureheads who, by surrounding themselves with servile employes and keeping even skin deep, but only dress deep. For visitors waiting any length of time before lmitting them, strove to impress others wife does not select her so much for with their importance.

It is usually the latter type who speaks the dress she wears. That there is a "my house, my children," etc., in utter utilitarian reason for this must be adexclusion of his wife, who has had no in- mitted, however, for every girl is required naiderable part in the acquisition of to design and make her own clothes. so possessions. But, in the end, you And, as clothes are an index to the char-

Rumanian peasantry beauty is not tions.

Should the skins of beets be removed be-

always be pulled off flower stalks before

small piece of charcoal in the water

good preservative for flowers

Wartime Economy in Food

Housewife's Time Savers

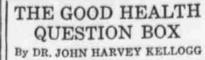
to the Editor of Woman's Page:

Dear Madam—Time saving is one of the chief robisms of the busy woman, and it concerns specially the housewife who does her own cooking or has only one maid. These are some of the ways I have time: When I make pie crust make double the quantity needed at the moment as pie crust robied in a damp napkin and laced in the icebox will keep perfectly for several contract the property of the next few days the crust robid in a damp napkin and laced in the icebox will keep perfectly for several contract the property of the next few days and after that perhaps cheene straws, which are the perhaps cheene straws, which are the first night, a meat pie for dinoer the account of the perhaps cheene straws, which are that perhaps cheene straws, which are that perhaps cheene straws, which are the first night in the straws of ammeness is avoided.

Another of my time saving plans is to mix and dressing in considerable quantity. This loss not take much longer than does the mixing a small amount and seves time and preparation at each meal. French dressing mixed and the bottle will keep for some time if it is haken each time before using. Mayoungias dees to keep as long, although if keet covered in a bina bowl will keep for some time if it is haken each time before using. Mayoungias dees to keep as long, although if keet covered he abina bowl will keep for several lays.

Every time I holl potatoes I do a few more land, potato cakes or he tried. Thinking shead he this not only saves time, but fue!

(Mrs.) William H.



MOST of the work of absorbing the food-intestine. These structures may be aptly compared to minute rootlets which hans out into the intestine. The food which passes almost constantly along the in-testinal tract is the soil out of which the body grows. It has been ascertained that there are about \$000 villi to the square inch, or \$,000,000 covering the three and a half square feet of mucous surface in the small intestine. Each villus is a pump. The ount of liquid absorbed by these millions amount of liquid absorbed by these millions of little pumps daily has been authoritatively estimated as more than six quarts, which would give to each one the task of sucking up about sixteen drops of liquid each year or one drop in three weeks. In an ordinary lifetime of sixty years the total amount absorbed by each villus is one fluid

These facts will serve to illustrate the marvelous delicacy and minuteness of the machinery of the body. How fragile must he the almost microscopic, hair-like villus which, hanging out from the wall of the intestine, bathed in its fluid contents, is which, hanging out from the wall of the intestine, bathed in its fluid contents, is able to absorb only a single drop in 548 hours! And yet our existence depends upon the perfect working of these "life roots." How easily such delicate structures may

be damaged by poisons. How quickly they may be destroyed and swept away by inflammatory and other diseases:

Thousands of persons are suffering from weakness and inefficiency because their "roots" are injured. They are like plants whose roots have been disturbed or destroyed. They set county but continued. stroyed. They eat enough, but continue to lose flesh. Their roots are withered and dried up, so to speak. The tree of life is dying at the roots.

It behooves us all to take good care of these feeders of the body through which are absorbed virtually all the supplies needed by the tissues for growth, repair and work. Alcohol, tobacco, tea and coffee, hot condiments of all sorts, decayed meats (prime beef, dried and salted fish, raw overter), anything which terilates a release oysters), anything which irritates or polsons is unwholesome. When the villi become congested or inflamed they cannot absorb. "Salts" and mineral waters irritate and ongost the vilit and lessen their efficiency in time producing enterities or catarrhal in-flammation of the mucous membrane with destruction of the vilii. Clean food, well masticated, and especially food which is rich in vitamines, such as fresh fruits and vegetables, bran and other "loosening" odstuffs, promote the health and efficiency of the "little roots" and encourage the in take of energy-sustaining supplies.

Blackheads and Red Blotches

Will you advise the treatment for an ebstinat case of blackheads and little red blotches? have used various advertised and recommende toltons and creams. All such treatments on irritate the sixth. I have also taken bloc remedies. My diet is temperate and my bewel regular.

MRS. BLANCHE J. You have done everything but the one thing you should do-consult a physiciar who is a skin specialist and follow his advice until you are cured. You should train your bowels to move two or three times daily instead of once. Use an abundance of fruits, fruit juices and green

Hunger and Faintness Between Meals What causes hungry and faint feelings two or three hours after meak? I get weak and I only feel strong when my stumach is full. G. D.

The craving for food is abnormal and your trouble probably comes from the fact that you do not give your stomach sufficient that you do not give your stomach sufficient rest. You probably overeat and eat the wrong kind of food. You should eat mod-state meals of plain wholesome food, dis-carding meat, fish, tes and coffee. Chew-every mouthful of food thoroughly. Drink two glasses of water at intervals between meals. Keep your bowels regular by means of laxative food. Fruits and fresh green vegetables should form a large part of your diet.

Natural Laxatives

What are the natural means that will make the bowels move three or four times a day? Natural methods of moving the bowels are those methods which do not make use of laxative drugs or saline waters of any Doar Madam—While walking along the street the other day a young man who was with me stopped to speak to several persons who were massing. There was another siri and another young man who stood and take to these other persons a few minutes. It is also there of unwholded and take to these other persons a few minutes are joined un. Shouldn't he have introduced them to us? Also, when a young man stops to take to ladies on the street should be take his haf off and hold it in his hand, or is it just sufficient to the it when he meets them? I shall suppreciate it if you will answer these questions.

Since there was another your street was preciated in the street should be take his had for any the street should be take his had off and hold it in his hand, or is it just sufficient to the it when he meets them? I shall suppreciate it if you will answer these questions.

BIRDIE. flour. The use of mineral oil as a bowel lubricant is not strictly one of the natural means of moving the bowels, but it is neither a food nor a medicine. When laxative foods, bran and other methods fail, the use of the mineral lubricant is often

Contraction of Face and Neck Muscles The nerves or muscles of my face keep twitching and drawing the fisch over the teeth and also pull and draw the back of my neck. I am fifty-eight years old and otherwise in good health. Medicines do not seem to help ms. Please advise me.

You should consult a species at in nervous diseases. Electricity and massage will be

Fairmount Park Concerts

Two concerts will be given in Strawberry Mansion music pavilion by the Fairmount Park Band today. The programs are: FOUR O'CLOCK CONCERT

Overture, "Stradella"
Reminiscences of Meyerbeer"
Intermesso, "Piroqueite"
The Mouse and the Clock
Melodies from "The Blue Paradise"
"Grand American Fantasis"
'Invitation to the Dance'
March, "Under the Deuble Eagle"
Weltz, "Loyeland"
"Fopular Hits of the Day"

Popular Hits of the Day" Remick EIGHT O'CLOCK CONCERT

Overture. "Phedre" From the South Massenet Suite de Concert. "From the South Mondelson Santarello Mendelson Mendelson Mendelson March "The Bride-Elect" Sousa Descriptive Pantasy Bucalossi March Slav" Techalicowsky Waltz. "Barracole" Waltz. "Barracole" Waldzufel Melodies from "High Jinks" Waldzufel Melodies from "High Jinks" Friml

Band Concerts Tonight

Philadelphia Band will play on City Hall Plaza at 8 o'clock tonight under direction of Silas E. Hummel. The program will be: will only make a man obstinate

March, "National Spirit". Rossint
At Hancock Square, Hancock and Jefferson streets, the Municipal Band will play at
s o'clock this evening.

50 Women in Pennsy Wire School Fifty women are being trained in a school opened by the Pennsylvania Railroad, at 1625 Filbert street, to take the place of men as telegraph operators and train dispatchers. Women are to be educated by the road for many positions which have always been held by men, owing to the demand for the trained men in the army.

Mrs. Vincent Astor Sails for France NEW YORK, June 26. — Mrs. Vincent Astor has salled for France to open near Paris a convalescent home for American wounded. Her husband is doing patrol duty along the coast. Miss Ethel Harriman also sailed for France to do relief work.

Children in City Swimming Pools The twenty-five city awimming poels were pened yesterday with an attendance of eversi hundred children. The attendance IN THE MOMENT'S MODES



Another bathing suit. This model shows the season's tendency toward Another bathing suit. This model shows the season's tendency toward the utilization of checked materials. Instead of a skirt there are bloomers, voluminous in width and held in at the knee with wide, buttoned bands. The material of the bloomers is black and white checked silk. The blouse, with its apron-like tab in front, is a black satin. An interesting point is the length of the blouse, reaching, as it does, slightly below the regulation placement and yet missing by several inches the moyen age line. A huge white wool flower embroiders the apron and the checked silk makes the collar and shoulder cap facings. The little sunbonnet is of the black satin with a white wool flower ornament in front and a bridle of emerald green crocheted cord.

POTATO AND STAPLE VEGETABLES NORMAL

Bigger Carloads Are Coming. Onions, Beans, Rhubarb Plentiful-Some Things Scarce

What to Buy and Not to Buy, According to Commission

S C A R C E-Pineapples, peaches, strawberries, blackberries, huckleherries, cherries, green corn, celery, lima beans, oranges, lemons, cantaloupes, watermelons and tomatoes.
NORMAL—Potatoes, cabbage,
carrots, cucumbers, gooseberries,

garlic, eggplant, asparagus, peppers, spinach, cauliflower and limes. ABUNDANT—Onions, green beans, wax beans, rhubarb, beets, lettuce, peas, parsley, radishes and

normal supply of potatoes and mostaple vegetables, with scarcity in berries, corn and a few fruits and vegetables and abundance of others, is announced in the produce market report of the Mayor's Home Defense Committee food commission, made of healing herbs to just men's fields.

The report, signed by J. Russell Smith, chairman, is as follows:

SCARCE GROUP Pineapples, peaches, strawberries, black-berries, huckleberries, cherries, green corn,

celery and lima beans.

Oranges, lemons, cantaloupes are scarce, due to the tremendous heat wave in California, from which the present supply of these fruits comes. The thermometer went as high as 120 degrees and literally cooked

Watermelons are scarce and will be a luxury unless rain comes to Georgia soon.

Tomatoes are scarce and will probably be more so until the Jersey crop starts to market. This is due to the fact that Mis-elssippl, where the present supply comes from has had a forty-two-day drought. This has finished the crop and caused a loss the growers of \$500,000.

NORMAL GROUP Potatoes are normal today, because there have been heavier carload receipts. They

have been heavier carload receipts. They are more reasonable in price. Cabbage, carrots, cucumbers, gooseberries, garlic, eggplant, asparagus, peppers, spinach, cauliflower and ilmes are all in the normal group.

ABUNDANT GROUP Onions are plentiful, cheap and good qual-

Green beans, wax beans, rhubarb, beets, lettuce, peas are all plentiful and should be served freely by the housewife.

Parsley, radishes and kale are also plen-

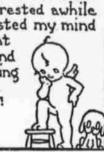
Breakfast Cornmeal Mush

Stewed Fruit Cornmeal Creamed Eggs on Toast Toasted Rusks Fruit Butter

THE CHEERFUL CHERUB

I like to step out at one side of my life And look at the past and the future and then When Ive rested awhile and adjusted my mind step right

back in and start living again.



Mist Low-anchored cloud, Newfoundland air. Fountain-head and source of rivers, Dew-cloth, dream-napery, And napkin spread by fays;

Drifting meadow of the all And in whose fenny labyrinth The bittern booms and heron wades Spirit of lakes and seas and rivers. -Henry David Thoreau.



Clearance of his entire selection

of "Sterling" **SUITS** COATS

DRESSES BLOUSES Prices Drastically

Reduced

1210 WALNUT ST

"Cavalier" Boots of fine white linen, with 11/2-inch military heels.

Smart, practical and in great demand.

\$5.50

Plenty of "Cavalier" Pumps and Oxfords, in white and russets, are in again. \$5 to \$6.50.

> The Harper Shoe Go. WALK-OVER SHOPS

LIVING UP TO BILLY

By ELIZABETH COOPER

This powerful, human document, written in the form of letters to a young mother serving a term in prison, is one of the most gripping literary products of the twentieth century.

XXVI

Dear Kate: Dear Kate:

I went down to Miner's the other night and saw Mahel Lee. I was in her dressing room with her most two hours. She is a near star now, and don't she put on airs! She has a dressing room of her own, and any mere chorus girl that puts her nose in her door gets a lady-like call-down that you can hear to Forty-second street. She forgot that she ever worked at Coney with us and rustled beer between acts, and that ain't the only thing that has happened to her memory. She thing that has happened to her memory. She says she is only twenty-one, and she was twenty-one when we were playing together at the Casino and I was doing a kid act. That was ten years ago. I must say it for her, she gets it over because she has got new red hair, and when she gets her face fixed up and her long earrings on, which is about all she wears in this new or she looks about sixteen.

act, she looks about sixteen.

I danced the other night at a party.
There was a lot of swell folks there, women There was a lot of swell folks there, women Oh. Kate. I love to dance with low-neck dresses and real diamonds, never grow old, I want to die a dancing. Gee, if Anthony Comstock had come in he'd a got busy when he piped off some of the ciothes. They acted as if they were trying to be tough, set around and smoked and acted like street girls dressed up. Funny, ain't it? street girls try to act like real ladies, and real ladies try to act like street girls. I suppose everybody wishes some-times they could be what they ain't, and so they play at the other thing. I wondered as I looked at them if they had homes or bables, and if they ever set in front of the fire and talked of things like Mr. and Mrs. Smith does.
Sometimes Mr. Smith reads at night from

a Bible, and he read the other night some thing written by a Jewish gentleman named Mosea. I heard it all one evening when I was dancing. It just come back to me like a soft voice

a soft voice:

"As an eagle that stirreth up her nest, that futtereth over her young. He spread abroad his wings, he took them, he hare them on his pinlons."

Now, ain't that pretty? I thought after I went to bed about the hig hird that broke

up her nest, as Mr. Smith told to me, and pushed her bables out so as they could learn to fly, and then went under them with her wings all stretched out wide to catch them if they fell. That is just like a mother, ain't it? They want their children to go in the world and learn, yet they would put out their bodies if they could for them to fall on when things went wrong. I suppose it is because children are so helpless and their mothers must care for them and keep them from everything that is hard and so it brings out all the love and sweetness in a woman's heart and makes her give her life for her own. Anyway, I heard it a humming in my heart along with the music, and I didn't dance my dance at all, I just danced old Moses, and I will never see a

and I had to have the clothes to go with it. He is a wonder, Kate, a sure wonder! Even

when he is half full of dope he sets down to that old plane and makes it talk. Some times he sets for half an hour with his head in his hands, and then he raises up and has in his hands, and then he raises up and has a funny look in his eyes and plays such music that all the crowd stops laughing and listens to him. I can dance anything he plays, cause he makes the music talk to me. Sometimes it is country fields and flowers and birds and running brooks, and then it changes to dull wet nights beneath the street lamps with sad-eyed girls and had-faced men and hungry eager people all looking for something they have missed, and they go into cabarets like this I dance in, filled with smoke and laughs that only come from lips not from the heart—and I whirl and dance until I am mad from digil-

And then the music quiets down again and sadness comes, and you know the searchers have not found what they were looking for, and they wander out into the dim, gray light of morning and disappear like mist upon the lake. Oh. Kate, I love to dance! I hope I will

(Continued Tomorrow)

Save Sugar in Jelly Making Much waste of sugar and spollage jelly can be avoided by using a simple alcohol test recommended by the Bureau of Chem-letry. United States Department of Agri-

istry. United States Department of Agrituiture.

To determine how much sugar should be
used with each kind of juice, put a a teaspoonful of juice in a glass and add to it
one spoonful of 95 per cent grain alcohol. Mix by shaking the glass gently,
Pour slowly from the glass, noting how
the pectin—the substance in fruits which
makes them "jell"—is precipitated. If
the pectin is precipitated as one lump, a
cup of sugar may be used for each cup
of juice; if in several lumps the proportion
of sugar must be reduced to approximately
three-fourths the amount of the juice. If
the pectin is not in lumps, but is merely
precipitated, the sugar should be one-half
or less of the amount of the juice. If
the juice shows no precipitation under this
test it is unsuitable for jelly making and
must be combined with apples or other must be combined with apples or other juices rich in pectin.

The housewife will do well before making

the test to taste the juice, as fruits not as acid as good tart apples probably will not make good jelly unless mixed with other fruits which are acid.

Childhood

Old Sorrow I shall meet again, And Joy, perchance—but never, never, Happy Childhood, shall we twain See each other's face forever!

ikke again with the same eyes.

I got another new dress. Gee, it is like pulling teeth to spend the money. Will Dear Childhood, lest the sight of me, Thine old companion, on the rack.

Of Age, should sadden even these.

—John Bankier Tabb. -John Banketer Tabb

FOUNDED 1858

DEWEES

Quality and Standard Famous Over Half Century

June Clearance Sale Beautiful Summer Dresses

\$8.50. \$12.50. \$15.00

Think of a fine, dainty summer dress at these prices. Just put on wear, without the trouble of a dressmaker. The individuality and ety of styles we offer will please you.

B.F. Dewees, 1122 Chestnut St.

Summer Sale of Women's Shoes

White Canvas High Laced Shoes

Plain canvas, also canvas with white kid trimming with L-XV heels.

REDUCED TO

\$7.00

Also High White Sport with colored trimmings



CLAFLIN, 1107 Chestnut

MANN & DILKS 1102 CHESTNUT ST.

Tyrol Wool Ladies' & Misses

Plain Tailored Suits

23.75 24.75 27.75

Original styles and colors. Ex-clusively here. Simplicity, Style sensible and satisfactory.

Street, Motor and Top Coats

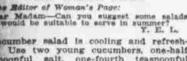
White or Black. In Suits or Coats.

MANN & DILKS 1102 CHESTHUT ST.



grange skin cups with this mixture and we on lettuce leaves. Sections some readers of the Exchange I send in their recipes.

thubarb Preserved in Cold Water



Warm Weather Salads

Use two young cucumbers, one-half spoonful salt, one-fourth teaspoonful ok papper, four tablespoonfuls vinegar, and slice the cucumbers in very thin m, put in salad bowl, sprinkle with the soning, then pour vinegar over them and on crisp lettuce leaves with dabs of cheese on top. Harlequin salad is made by mixing a

til of red cabbage (chopped) with two sped onlona, a few boiled beets and ag beans. Dice the onlone, beets and as and serve with French dressing. Left-

ms and serve with French dressing. Leftpre do very nicely for this salad.

Frange salad served in the orange ekin is
prestry. Wash and dry the orange, cut
sloe from the top and remove the pulp.

It of seeds, cut into small pieces and
twith it a little finely chopped celery and
for sut meats. Season with salt and
per and mix with whipped cream. Fill

been told this method is a good ash, skin and cut the shubash in pieces and fill the jars tull. Put.

find these people are correctly acter, the man who marries her has a fair way of judging his bride. It is said some T IS a curious fact that among the many colors, in their varied combinaof the costumes rival David's coat of

The June bride wears a white bead-

ed Russian headdress—why not, in these days of bended bags and

it is said that a youth when seeking a

her fairness of face as for the beauty of

Vyvettes

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Epecial queries like those given solone are invited. It is understood that the editor does not necessarily inderse the sentiment appeared. All communications for this department should be addressed as follows: THE OHAN'S EXCHANGE, Evening Ledger, Philadelphia, Pg. TODAY'S INQUIRIES

I. How can the shape of fruit which is to be | 1. Hard water is injurious to the skin; her

THE WOMAN'S EXCHANGE

rved be retained in the cooking? 2. To what temperature should grape Juice 2. How can rose suchet be made?

ANSWERS TO YESTERDAY'S INQUIRIES I. Wilted flowers can be revived by plunging 1. Hollows in the neck can be filled out by massaging with rocca butter or almond oil. 2. An effective neck bleach is composed of one

ounce of strained honey, one teaspoonful lemon julce, six drops oil of bitter almonds, the whites of two eggs and almond meal sufficient to form Piacing a small piece of orris root in the last rinse water will give delicate blonses and handkerchiefs a suggestion of suchet.

3. What is the most frequent cause of hang-

Thinks Young Man Rude To the Editor of Woman's Page:

that of well-food persons, who have always covided the most abundant meals for their users. I stayed there a week or so ago and trainer may be a supported to the considerable cuts in their table expenditures. It he food served was so excellently cooked to so deliciously served that no one could possibly have feit a lack of anything. For eximple, at breakfast there were cranges, posched are on toast, coffee and lam, where formerly here would have been a besistent, griddle cakes and postuces in addition. Luncheon consisted a delicious fruit salad, corn muffus blane and with cream soup and white flour. At dinner there were their soup, a pet roast of herf, toke, stuce and tomate salad with mayonnaise dressis, brown hread and sandwiches, coffee. These has seen all well-balanced and provided sufficient neurishment for a hearty eater, ref, as the least as said, she was conserving food "for the littles." Since there was another young man with you and the first man did not let you stand there alone, it was quite correct for him to speak to these other persons without introducing you to them, although he should not I am sure, Mrs. K., many other readers will be interested in your letter, which so clearly demonstrates just what the heads of households can do if they will. I find also that the lowly poke, kale and similar vogetables are becoming really quite popular as people realize their value. have talked very long. When it is necessary to stop to speak to some one on the street it is often rather awkward to introduce a whole group, and consumes much

A young man should hold his hat in his hand when he stops to talk to women. In very cold weather he can often be accused from doing more than raising his hat for just a minute because of danger from catch

Young Man Lacking in Breeding To the Editor of Woman's Page: To the Editor of Woman's Page:

Dear Madam—Worl You give me your advice? I am in love with a young man of twenty-four, who is tall and good-looking. He thinks the world and all of me and has asked me to marry him. Now, the only trouble is that, although he is so nice when we are alone, he is always doing awaward things when we go out together and I am often ashamed of him. When he takes me out the north and he never gets off the car first, have a me gut of first, and he never sets up when he takes me out to first, and he never sets up them, and it is not not not not to you think to ought to do. Do you think I ought to correct him.

It is rather awkward to deal with a situa-tion like this. If, however, you are going to marry the young man, do you not think you can, very tactfully, make him see what he should do at times? For instance, when getting off the car, if you will step aside and make it very plain that you are waiting for him to alight first he may take the hint. and make it very plain that you are waiting for him to alight first he may take the hint. And if, when your mother comes into the room you will jump to your feet imme-diately he may realize that he should do so, too. These little things are annoying I know, but you should not let them stand in the way of your happiness. And above all don't become a nagging woman, for that will only make a man obstinate.

Cards of Thanks

To the Editor of Woman's Page: Dear Madam.—We have had a death in the amily recently and I want to acknowledge the intere and cards of sympathy I have received, Must I have a card printed or what would you divise?

Some persons have cards with black borders engraved for this purpose, but it is always a greater compliment to send a personal word. A graceful way of doing would be to send your personal visiting card which has a mourning border and above your name write, "Many thanks for your kind sympathy."

Velvet for Bathing Suit To the Editor of Woman's Page:
Dear Madam—Can you tell me whether velvet
makes a good material for bathing suits? How
would you suggest having a suit made?
PINKIE.

Valvet, although not commonly used, makes very smart-looking suits and when wet the material gilatens like a seal. If you go in for real swimming, however, I should imagine a lighter weight material would be more practical. If you are slim a suit made in one piece hanging almost straight from the shoulders and belted in would be becoming. If you use heavy material the suit should be made as simply as pressible to avoid unnecessary weight. Pan-